

**MORALITY & ETHICS**  
**PARAMITA**  
**ENGAGED BUDDHISM**

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*B. Nyanabhadrā*

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**Etika:** Tata Krama yang berasal dari sumber eksternal (konsensus masyarakat)

“

**Moralitas:** (*personal compass*) Prinsip individu (*internal*) tentang baik dan buruk (landasan filosofi atau religius)

# **KONFLIK ETIKA DAN MORALITAS**

“ Hiri (慚) is an innate sense of shame over moral transgression.

Ottappa (愧) is fear of the results of wrong doing.

—*Cariya Sutta*  
(*Anguttara Nikāya II. 9*)

二淨法  
(*Samyuktāgama 1243*)

# **BUDDHIST ETHICS**

## **5 MINDFULNESS TRAININGS**


I WONDERED, IS IT  
BETTER TO DO THE  
RIGHT THING AND FAIL  
...OR IS IT BETTER TO  
DO THE WRONG THING  
AND SUCCEED?





**WE ALL MAKE  
CHOICES**

**BUT IN  
THE END  
OUR CHOICES  
MAKE US**





# Go Green





RESULTING TEEN TOUC ETHICS LMP  
MATELY OFTEN **DECISION** ABNORMALITIES STATES  
RDLWIDE **REGNANCY** PROMINENTLY UNITED **WEEKS** ACCIDEN  
**ABORTION** GRAVIDA **MISCARRIAGE** DUE COMPLICAT  
TERMED USUALLY PSYCHOLOGICAL  
CAUSED RATE ION LATED **WEEK** ORS ORS PREMATURE SOO  
FORCED DECLINE







Animal welfare



# PARAMITA

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*enam penyempurnaan praktik bodhisattwa*



# FOUR WAYS OF RIPENING OTHERS

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1. Generosity in order to establish a positive relationship with others
2. Interesting discussion regarding what is of true benefit
3. Encouraging others to implement what they have understood
4. Acting accordingly oneself



# ENAM PARAMITA

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- Dana Paramita
- Sila Paramita
- Kshanti Paramita
- Virya Paramita
- Dhyana Paramita
- Prajna Paramita

# DANA PARAMITA

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*Generosity leads to the enjoyment of ample  
resources*



When one thinks that by giving gifts now  
There will be a great result,  
Receiving and giving are like trade  
For profit, which will be criticised.

—*Aryadeva*

*(400 Stanza, Bodhisattva Caryayoga Catuhsataka Shastra)*

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# SILA PARAMITA

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*Protects us from lower rebirth*



## BODHISATTVA'S ETHICAL DISCIPLINE

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1. Refrain from harm
2. Creating of virtues
3. Helping others

“ Keep your ethical discipline pure,  
Free from degeneration and decline,  
Unadulterated and unstained.  
As the earth is for the animate and inanimate,  
Discipline, The Buddha said,  
Is the basis for all good qualities.

—*Nagarjuna*

*Surat kepada Seorang Sahabat, Suhrllekha,*

བཤེས་པའི་སྤྱིང་ཡིག་བཞུགས་སོ།

# KSHANTI PARAMITA

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*Attractive appearance, supportive friends and companion*



**SABAR ITU CAPEK**  
**SABAR ITU PEGEL**  
**SABAR ITU SUSAH**

**TAPIIII...**

**SABAR ITU INDAH**  
**KAPAN INDAHNYA?**  
**YA SABAR AJA!**

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SABAR itu ILMU  
TINGKAT TINGGI

Belajarnya setiap hari,

Latihannya setiap saat,

Ujiannya sering mendadak,

Sekolahnya seumur hidup.

“ It makes us ugly, leads to the unholy  
and robs us of discernment to know right  
from wrong  
impatience quickly casts us into bad rebirths

—*Chandrakirti*  
*Madyamakavatara*

དབྱུ་མ་ལ་འཇུག་པ།

“Patience  
is bitter,  
but its  
fruit is  
sweet.”

Aristotle

A photograph of a wooden canoe on a calm lake. The canoe is in the foreground, pointing towards the center of the frame. The water is dark and still. In the background, there are dark, forested mountains under a cloudy sky. The overall mood is serene and contemplative.

DON'T TRY  
TO RUSH THINGS  
THAT NEED TIME  
TO GROW.

# VIRYA PARAMITA

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*Endows us with the ability to complete what we undertake*



# THREE OBSTACLES

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- Procrastination
- Laziness (eat, sleep, play, pleasure)
- Trivial Activities



This freedom and fortune are very hard to find.  
Having gained what can accomplish a living  
being's aims,  
If I do not use it well now,  
How shall I meet with such goodness later?

—*Shantideva*

*Bodhisattvacaryāvatāra*

བྱང་ཆུབ་སེམས་དཔའི་སྤྱོད་པ་ལ་རྟུག་པ།



**WHEN LIFE KNOCKS YOU  
DOWN, ROLL OVER  
AND LOOK AT THE STARS**



# DHYANA PARAMITA

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*Concentration makes our mind invulnerable to distraction and disturbing emotion*

# *Meditasi*



# PRAJNA PARAMITA

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*Wisdom to discriminate between what need to be cultivated and what to discarded*

**KNOWLEDGE**

**V.S.**

**UNDERSTANDING**

# 10 to Zen

1. Let go of comparing.
2. Let go of competing.
3. Let go of judgments.
4. Let go of anger.
5. Let go of regrets.
6. Let go of worrying.
7. Let go of blame.
8. Let go of guilt.
9. Let go of fear.
10. Have a proper belly laugh at least once a day (esp. if it's about your inability to let go of any or all of the above).

# ENAM PARAMITA

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**Dana, Sila, Kshanti**

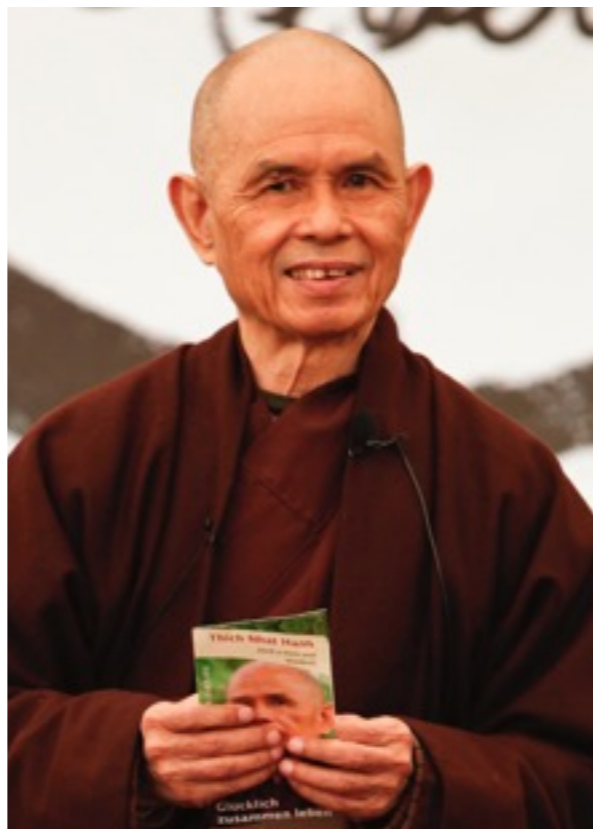
*Directed towards other's benefit*

**Virya**

*The connection*

**Dhyana, Prajna**

*Personal development*



# ENGAGED BUDDHISM

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*The kind of buddhism that you practice all day long, live every moment with mindfulness*

*To Responds what happened to our Mind, Body, and surrounding*